

ZIKA VIRUS UPDATE



COUNTY OF MORRIS DEPARTMENT OF LAW & PUBLIC SAFETY OFFICE OF HEALTH MANAGEMENT

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Photograph by James Gathany,
CDC Public Health Image Library.

WHAT IS ZIKA VIRUS?

- Zika was first identified in 1947 in Uganda's Zika Forest
- Zika is an arbovirus.
- Arboviruses – diseases which are spread by blood-sucking insects – mosquitoes, fleas, and ticks
- Arboviruses include Yellow Fever, Dengue, Chikungunya, West Nile Virus
- Arboviruses characterized by long periods of no activity and reappear at unpredictable intervals
- Appear to be linked to weather/climate-related factors, ecological disturbances (e.g. introduction of exotic mosquito species into new habitats), travel, and human settlement into previously unpopulated areas



ZIKA VIRUS UPDATE

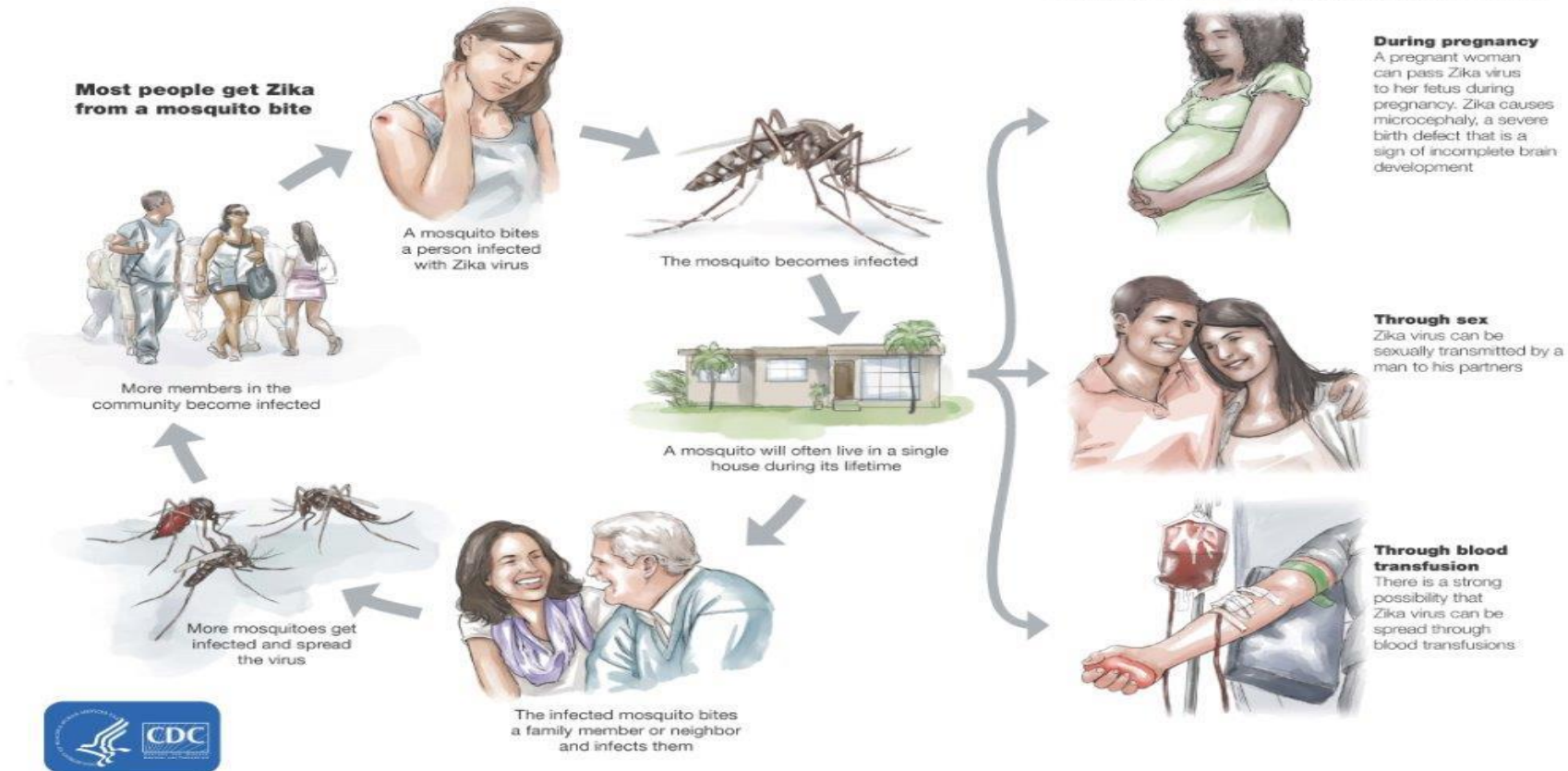
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HOW IS ZIKA VIRUS TRANSMITTED?

PROTECT YOUR FAMILY AND COMMUNITY: HOW ZIKA SPREADS





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ZIKA INFECTION & ILLNESS

- Not all people infected with Zika develop symptoms/become ill
- Due to mild nature of illness, many people do not know when they are infected
- Incubation period unclear – possibly between a couple of days to a week from viral exposure
- Illness is typically mild and last between 2 to 7 days
- Zika virus remains in the blood of an infected person for about a week
- Once a person is infected with Zika, they are likely to be protected from future Zika infections



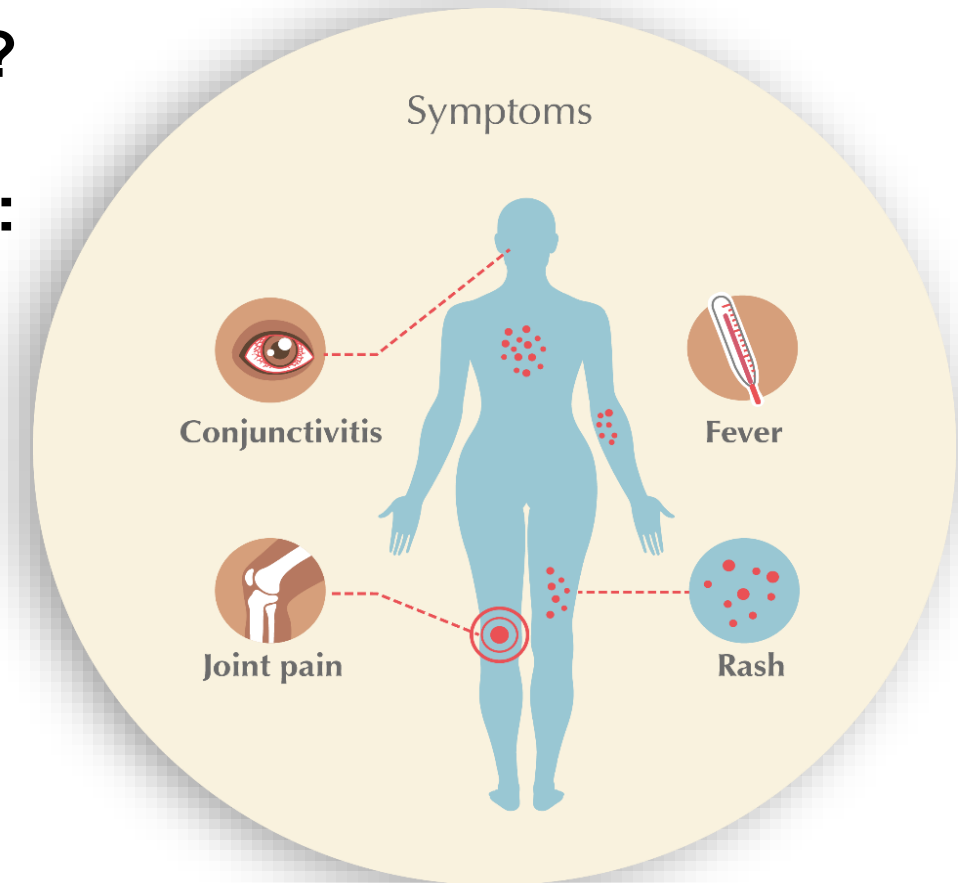
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WHAT ARE SYMPTOMS OF ZIKA INFECTION?

- **Most common symptoms of infection include:**
 - Fever, skin rashes, joint pain, or conjunctivitis (red eyes)
- **Other reported symptoms include:**
 - Headaches, malaise, and muscle pain
- Rarely are infected persons hospitalized or does Zika cause death





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HOW IS ZIKA INFECTION TREATED?

- There is no vaccine to prevent or specific medicine to treat Zika infections.
- Treat the symptoms:
 - Rest
 - Fluids to prevent dehydration
 - Medicine such as acetaminophen (Tylenol®) to relieve fever and pain
 - Do not take aspirin and other non-steroidal anti-inflammatory drugs
 - Taking medicine for another medical condition, healthcare provider must be told before taking additional medication
- To help prevent others from getting sick, avoid mosquito bites during the first week of illness.



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COUNTRIES & TERRITORIES WHICH HAVE REPORTED ONGOING ZIKA TRANSMISSION AS OF JUNE 30, 2016

American Samoa

Argentina
Aruba
Barbados
Belize
Bolivia
Bonaire (Caribbean Island)
Brazil
Cape Verde (Africa)
Colombia
Costa Rica
Cuba
Curacao
Dominica
Dominican Republic
Ecuador
El Salvador
Fiji (Oceania/Pacific Islands)

French Guiana
Grenada
Guadeloupe
Guatemala
Guyana
Haiti
Honduras
Jamaica
Kosrae (Federated States of Micronesia)
Marshall Islands (Oceania/Pacific Islands),
Martinique
Mexico
New Caledonia (Oceania/Pacific Islands),
Nicaragua
Panama
Papua New Guinea (Oceania/Pacific Islands)
Paraguay
Peru

Puerto Rico

Saint Barthelemy (St. Barts)
Saint Lucia
Saint Martin
Saint Vincent and the Grenadines
Saint Maarten (Dutch Territory of St. Martin)
Samoa (Oceania/Pacific Islands)
Suriname
Tonga
Trinidad & Tobago
U.S. Virgin Islands
Venezuela.

FOR UPDATES TO LIST:
WWW.CDC.GOV/ZIKA

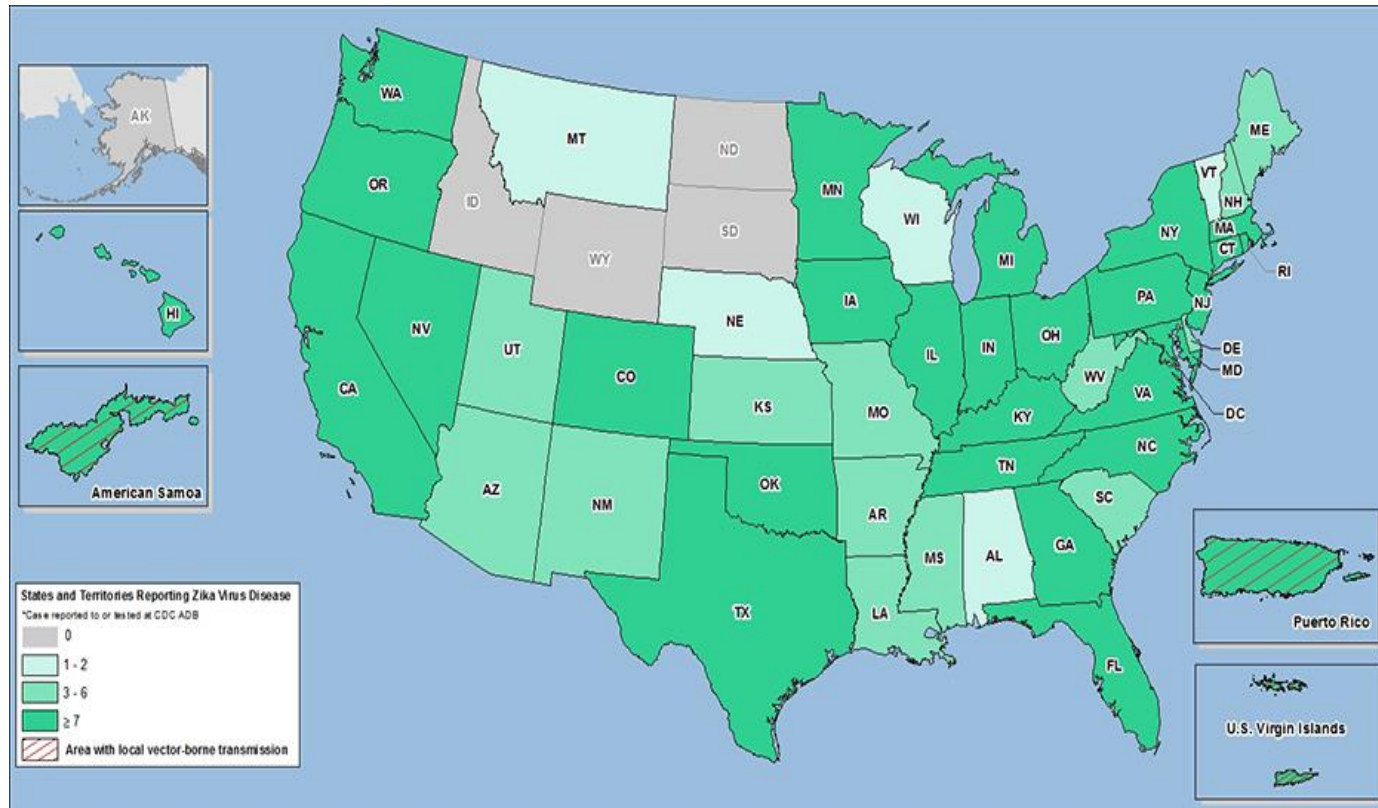


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ZIKA IN THE UNITED STATES AS OF JULY 6, 2016



US States

- Locally acquired mosquito-borne cases reported: 0
- Travel-associated cases reported: 1,132
- Laboratory acquired cases reported: 1
- Total: 1,133
 - Sexually transmitted: 14

US Territories

(Puerto Rico, US Virgin Islands, & American Samoa)

- Locally acquired cases reported: 2,526
- Travel-associated cases reported: 8
- Total: 2,534



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New Jersey County	Confirmed Travel-Related Cases
Bergen	10
Passaic	9
Middlesex	5
Burlington	5
Union	5
Hudson	3
Morris	3
Camden	3
Essex	3
Monmouth	2
Mercer	1
Hunterdon	1
TOTAL	50



ZIKA IN NEW JERSEY AS OF JULY 7, 2016

NEW JERSEY

- No locally acquired cases; all cases are travel associated.
- Highest number of cases reported in Bergen and Passaic Counties
- Morris County - 3 travel associated cases



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COMPLICATIONS OF ZIKA: GUILLAIN-BARRÉ SYNDROME

- Very rare (5 cases in the mainland US & Hawaii and 12 in the US territories of Puerto Rico, US Virgin Islands, and American Samoa)
- Condition where immune system attacks peripheral nervous system (autoimmune disorder)
- Weakness and tingling sensations
- Can intensify and lead to paralysis, but most persons recover
- Some severe cases – person continues to have some degree of weakness
- Syndrome can develop within days and last up to 4 weeks
- Unknown why Guillain-Barré strikes some people and not others or what sets the disease in motion.



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COMPLICATIONS OF ZIKA: PREGNANCY & BIRTH DEFECTS

- CDC: There is now enough evidence to conclude that Zika virus infection during pregnancy is a cause of microcephaly
- Primary way Zika is transmitted to women is through the bite of an infected mosquito. Sexual transmission to women from infected male partners noted.
- Transmission of Zika is possible during pregnancy to the fetus or at time of delivery
- Zika virus infection in a woman who is not pregnant would not pose a risk for birth defects in future pregnancies after the virus has cleared from her blood (once a person has been infected with Zika virus, he or she is likely to be protected from a future Zika infection)



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ZIKA & CONGENITAL MICROCEPHALY

Baby with Microcephaly



Baby with Typical Head Size



Babies born with microcephaly (congenital) can have a range of other problems, depending on severity.

MICROCEPHALY COMPLICATIONS

- Seizures
- Developmental delays
- Intellectual disabilities
- Problems with movement and balance
- Feeding problems (difficulty swallowing)
- Hearing loss
- Vision problems





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PREGNANCIES WITH LABORATORY EVIDENCE OF POSSIBLE ZIKA VIRUS INFECTION IN THE UNITED STATES 2016

In the Mainland US & Hawaii

Liveborn Infants with Birth Defects:	7
Pregnancy Losses with Birth Defects:	5

In Us Territories (Puerto Rico, USVI, American Samoa)

Liveborn Infants with Birth Defects:	0
Pregnancy Losses with Birth Defects:	1



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PREGNANCY – WHAT WE DON'T KNOW

IF A PREGNANT WOMAN IS EXPOSED TO ZIKA.....

- We don't know how likely she is to get Zika.

IF A PREGNANT WOMAN IS INFECTED WITH ZIKA.....

- We don't know how the virus will affect her or her pregnancy.
- We don't know how likely it is that Zika will pass to her fetus.
- We don't know if the fetus is infected, if the fetus will develop birth defects.
- We don't know when in pregnancy the infection might cause harm to the fetus.
- We don't know if sexual transmission of Zika virus poses a different risk of birth defects than mosquito-borne transmission.



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PRECAUTIONS FOR WOMEN WHO ARE PREGNANT OR TRYING TO BECOME PREGNANT

- Delay travel to areas with local transmission of Zika
- Pregnant women and their male partners should strictly follow steps to prevent mosquito bites
- Women trying to become pregnant and their partners should also follow steps to prevent mosquito bites
- For women who have a male sex partner who lives in or travels to an area with Zika, use condoms or abstain from sex
- If you develop symptoms Zika during pregnancy, see your healthcare provider



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WHAT IS NJ DEPARTMENT OF HEALTH (NJDOH) DOING?

- Enhanced Disease Surveillance
- Zika Pregnancy Surveillance – CDC Zika Pregnancy Registry & NJ Birth Defect Registry
- Zika Response Plan
- Zika Risk Communications Plan
- Guidelines for Physicians
- Laboratory Testing
- Public Education/Outreach (Educational materials for public and health care providers)
- Rural Health (focus on migrant workers)
- Conference calls with Public Health & Healthcare Providers
- Zika Public Call Center (speak various languages) – 1-800-962-1253



<http://www.nj.gov/health/cd/zika/index.shtml>



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WHAT IS HEALTH MANAGEMENT (OHM) DOING?

- County Health Management website (www.morrishealth.org) is updated routinely and information automatically updates when the CDC updates their page
- Education of County Medical Reserve Corps (newsletter articles)
- MCOHM will assist with distribution of educational materials from the NJDOH to local health departments
- Staff persons have been trained to provide Zika public education programs
- OHM provides community health partners with information on Zika resources as needed



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WHAT IS LOCAL PUBLIC HEALTH DOING?

- Public Education
- Investigation of public health nuisance complaints and enforcement action
- Working with our County Mosquito Division
- Investigating reported cases and implementing control measures



ZIKA VIRUS PRESENTATION

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STAY INFORMED – ZIKA VIRUS RESOURCES

- US Centers for Disease Control & Prevention: www.cdc.gov/zika
- NJ Department of Health (NJDOH): <http://www.nj.gov/health/cd/zika/index.shtml>
- NJDOH Zika Public Call Center (speak various languages) – 1-800-962-1253
- Check with your Local Health Department – Your Local Health Officer
Local Health Department Directory: <http://www.state.nj.us/health/lh/directory/lhdselectcounty.shtml>
- County Office of Health Management Webpage Provides
 1. List of Local Health Departments Serving Your Municipality (Left-side of Screen)
 2. Most Recent CDC Updates (Right-side of Screen)www.morrishealth.org
- Morris County Division of Mosquito Control (Protection Information/Vector Control)
<http://morriscountynj.gov/mosquito/>

THANK YOU



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